

Keota Community School District Jan 2024 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	4 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	5 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
8 WG French Toast Sticks Applesauce Juice Choice Milk Choice	9 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	10 Cereal String Cheese Apples Juice Choice Milk Choice	11 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	12 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
15 No School	16 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	17 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	18 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	19 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
22 WG French Toast Sticks Applesauce Juice Choice Milk Choice	23 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	24 Cereal String Cheese Apples Juice Choice Milk Choice	25 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	26 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
29 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	30 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	31 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice		

* JUICE CHOICES: APPLE OR ORANGE

** MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

This institution is an equal opportunity provider

Keota Community School District January 2024 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 Spagheetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Fresh Grapes	4 Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	5 Grilled Cheese Sandwich Little Smokies Tater Tots Green Beans Oranges Wedges
8 Hamburger on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	9 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	10 Chili Whole Grain Corn Chips Cauliflower Cucumbers Cinnamon Roll Orange Smiles	11 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	12 Chicken Nuggets Mashed Poatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
15 No School	16 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	17 Taco Burger on a Bun Romaine Lettuce & Tomato Slice Refried Beans WG Corn Torilla Chips / Salsa (9-12) Sliced Pears	18 Italian Pasta Bake Green Peppers Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	19 Pizza Tossed Salad Cauliflower Garlic Bread Stick w/ Marinara Sauce Fresh Banana
22 Soft Shell Taco Romaine & Tomato Corn WG Corn Torilla Chips / Salsa Apple Wedges	23 Turkey & Cheese Sub Romaine Lettuce Tomato Slice Oven Fries Sliced Peaches	24 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie	25 Stromboli Garden Spinach Salad Green Beans Fresh Strawberries	26 Country Style Beef Pattie Mashed Potatoes & Gravy Iceberg Lettuce Blend Wheat Roll & Jelly Applesauce
29 Taco Soup WG Corn Torilla Chips / Salsa Fresh Broccoli Slided Pears Snickerdoodle	30 WG Mini Corn Dogs Garden Spinach Salad Yellow Peppers Apple Wedges	31 Sausage Patty French Toast Sticks Tri-tater Fresh Baby Carrots Pineapple Tidbits		

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

*** MILK CHOICES: 1% WHITE AND SKIM CHOCOLATE

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Keota Community School District Feb 2024 Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	2 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
5 WG French Toast Sticks Applesauce Juice Choice Milk Choice	6 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	7 Cereal String Cheese Apples Juice Choice Milk Choice	8 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	9 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
12 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	13 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	14 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	15 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	16 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
19 No School	20 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	21 Cereal String Cheese Apples Juice Choice Milk Choice	22 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	23 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
26 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	27 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	28 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	29 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	

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Keota Community School District February 2024 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Popcorn Chicken Tater Tots Baked Beans Oranges Corn Muffin	2 Bosco Sticks Tossed Salad Green Beans Marinara Sauce Banana
5 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll & Jelly Sliced Peaches	6 Pork Rib on a Bun Romaine Lettuce Sliced Tomato Tri-tater Green Beans Fresh Kiwi	7 Lasagna Garden Spinach Salad Cauliflower Breadstick Marinara Sauce Apple Wedges	8 Chicken Tetrzzini Tossed Salad Steamed Carrots Whole Grain French Bread Fresh Strawberries	9 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
12 Pig in a Blanket Potato Wedges Steamed Broccoli Cucumbers Peaches	13 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	14 Pizza Garden Spinach Salad Peas French Garlic Bread Fresh Grapes	15 Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	16 Grilled Cheese Sandwich Little Smokies Tater Tots Green Beans Oranges Wedges
19 No School	20 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	21 Chili Whole Grain Corn Chips Cauliflower Cucumbers Cinnamon Roll Orange Smiles	22 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	23 Shrimp Poppers Yogurt Mashed Poatoes Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
26 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes	27 Chicken Nuggets Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges	28 Taco Burger on a Bun Romaine Lettuce & Tomato Slice Refried Beans WG Corn Torilla Chips / Salsa (9-12) Sliced Pears	29 Italian Pasta Bake Green Peppers Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	

* FRUIT CHOICE EVERYDAY (9-12)

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